F. *Diet Scale for European and Eurasian Prisoners.*

Articles.	Ordinary (B) scale for laboring Convicts.						
	Sunday.	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.
	oz.	oz.	oz.	oz.	oz.	oz.	oz.
Bread ...	12	12	12	12	12	12	12
Meat ...	8	8	8	8	8	8	8
Rice ...	8	8	8	8	8	8	8
Vegetables ...	10	10	10	10	10	10	10
Salt ..	¾	¾	¾	¾	¾	¾	¾
Onions ...	½	½	½	½	½	½	½
Curry-powder ...	⅜	0	⅜	0	⅜	0	⅜
Pepper ...	0	⅜	0	⅜	0	⅜	0
Dál ...	1	1	1	1	1	1	1
Ghee ...	1	1	1	1	1	1	1
Tamarind ...	½	0	½	0	½	0	½
Lime Pickle ...	⅛	⅛	⅛	⅛	⅛	⅛	⅛
Sugar ...	1	1	1	1	1	1	1
Coffee ...	1	1	⅔	1	1	1	1
Milk ...	¼ Pint daily.						
Firewood ...	2 lbs. daily.						

Other scales.

Full (A) scale for long term convicts at hard labor—as B scale except

	oz.
Bread ...	16
Meat ...	10
Vegetables ...	12
Ghee ...	1½

For *non-labor*, *under-trial* and *under 7 days' sentence*—as B scale except

	oz.
Bread ...	8
Meat ...	6
Vegetables ...	8
Rice ...	6

Punishment diet, Bread 1 lb. Water 2 pints.

Females: For all long term convicted prisoners.

On curry days.	oz.	*On stew days.*	oz.
Bread ...	12	...	12
Meat ...	6	...	6
Vegetables ...	8	...	8
Rice ...	8	...	8
Dál ...	1	...	1
Ghee ...	1	...	1

The other ingredients the same as for males.

Medium or B scale: for short term, under-trial or non-labor.

On curry days.	oz.	*On stew days.*	oz.
Bread ...	8	...	8
Meat ...	4	...	4
Vegetables ...	8	...	8
Rice ...	6	...	6
Dál ...	1	...	1
Ghee ...	1	...	1

The other ingredients the same as above.

Food to be cooked as *stew* on Monday, Wednesday, Friday.
Do Do. as *curry* on Sunday, Tuesday, Thursday and Saturday.
4 drams of salt to be issued powdered and eaten with the food.
Half of the vegetables to be potatoes.
Coffee to be made with 1 pint of water.
Late Admissions to receive 1 pint of soji gruel (4 oz. of soji and 2 oz. of sugar) or pepper water and rice (½lb).
The full or (A) scale not to be given except for health reasons.

H. H. SPARKES,
Superintendent.

CHITALDROOG DISTRICT.

NOTICE.

The 1st November 1889.

Under para 4 of Government Notification No. 3 of the 12th April 1888, it is hereby notified that the post of Accountant on Rs. 20 has become vacant in the Chitaldroog District Office.

A Kanarese Graduate will be preferred.

B. K. VENKATAVARADAIENGAR,
Dy. Commissioner.